



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 10, No. 6 November-December, 2020

Quick Look First Quarter Events

January 1 - March 26

You are invited to join a new walking group beginning Friday, January 1, 10:00 AM and extending through March 26, 2021. Details on p5.

January 14, 7:00 pm

Financial Issues Related to Aging, Matthew Sunderlin, Elder Law Attorney (Clark & Bradshaw) a Zoom event.

February 11, 7:00 pm

Hands Only CPR, Stan Holland MS RRT FAARC, Director CardioVascular Service Line (Sentara), a Zoom event. The first 15 members to register will receive a free training kit.

March 11, 7:00 pm

Advanced Care Planning: Thinking Through End of Life Preferences, Robin Martin, Manager-Chaplain Services (Sentara), a Zoom event

March 13, TBD

Highland County Maple Sugar Festival (inclement weather date, March 20) more details to be announced.

Future hopes:

Film: When the Park Place Theater at VMRC is available, monthly showings of classic movies and newer releases, appealing to varied interests will be re-launched.

Social: No events planned for January-March, hopefully supper clubs and other events will be held in the Spring.

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

General Info - 540-705-0432
www.valleyvillagehbg.org

"Just One Call"
540-209-6484

Skyline Drive Outing



FANTASTIC! That word covers the Skyline Drive Outing on October 22 very well! The weather was beautiful, the leaves were very pretty, and the fellowship was rich for the 15 of us that met at Pinnacles Picnic Ground and then hiked the Limberlost Trail. Enjoy the pictures from the trip (and turn some pages for a few thrown in from "the 'Hood") thanks to Greg Versen! -- Tour hosts, Janet and J Lowell Wenger.



Well-Being

by Stan Godshall, MD



Dr. Stan Godshall (retired) worked 40 years in Family Practice in Elizabethtown, PA, with five years of work (three short terms scattered among those 40 years) in Tropical Medicine and Surgery in Shirati, Tanzania. He and Susan are members of Valley Village. Dr. Godshall is providing us with this column on issues of the pandemic, and later expects to write about general health issues.



The current wave of the Covid-19 pandemic continues to rage through our country, putting all of us at greater risk of contracting the disease. Fortunately, Virginia is among the states with the lowest infection rates. But now is not the time to let down our guard. The CDC has recommended four simple practices:

- 1) Wear a mask at all times when in public spaces.
- 2) Practice physical distancing, staying at least 6 feet apart.
- 3) Wash your hands frequently.
- 4) Do not touch your face.

The CDC also recommended that we stay at home for the holidays! Their advice is that we celebrate virtually, or at home with members of our household. That is the lowest-risk practice. Other practices, with increased risk and further guidelines, are listed on their [website](#).

Many states have imposed voluntary travel restrictions, including my former home state of Pennsylvania, as of November 20, 2020. The rule states, "Anyone visiting Pennsylvania from another state must get tested for Covid-19 within 72 hours of entering the state." If not able to do so, "then you need to quarantine until you get a negative test." Those who do not get a test "must quarantine for 14 days" ([from the www.health.pa.gov website](http://www.health.pa.gov)). If you must travel out of state, you can look up travel restrictions on state websites.

How do we make it through the next months as we wait for a vaccine? We need socialization:

- 1) Call a friend daily, use FaceTime, if available.
- 2) Participate in outdoor gatherings, like the Valley Village Supper Club.
- 3) Take daily walks (as the weather allows) stopping to speak to those you meet on the path.
- 4) Limit your TV/cable/computer news screen time watching to about an hour a day---or less!
- 5) Spend some time daily in meditation.
- 6) Get 7 hours of sleep per night.
- 7) If you have a low vitamin D level, take 2,000 units per day. (Spending time in the sun with some skin exposed helps your body make vitamin D.)
- 8) List the things you are thankful for daily.

PROTECTION AGAINST SURPRISE MEDICAL BILLS:



An announcement from the Virginia Poverty Law Center

As of January 1, 2021, Virginia consumers will be protected against huge surprise medical Bills. Virginia consumers of health care, who may have used care from out of their network in an emergency, have been surprised with huge health care bills that were not covered by that provider. Virginia Poverty Law Center has been instrumental in getting the law changed to prevent that from continuing.

I am not sure we have many who would be affected by this, but in case it happens, it can be very frightening.

Ann Bender

Restorative Justice



Our October program by Wonshé, HPD Restorative Justice Coordinator

In 2017, the Harrisonburg Police Department appointed Wonshé as Restorative Justice Coordinator. She comes from a varied background, including midwifery and studies with a Seneca elder where she first learned the principle of Restorative Justice (RJ), and also, in 1978, received her singular name. Wonshé explained the principle of RJ: 'When someone transgresses, give them the opportunity to give back something of value.'

Wonshé eventually came to EMU to study for her Master's in RJ, where she expanded her understanding and learned to practice the concept. She informed VV members at her presentation on Oct. 8 that the two most basic principles of RJ are that (1), it is victim-centric, and (2), those who cause harm do not get off easy. Facing those whom one has harmed is consistently called much more difficult than "doing time."

Participation in RJ is always voluntary for those who cause harm and those who have been harmed. The logical progression of the principle goes like this:

1. Crime causes harm.
2. Harm creates obligations (and needs.)
3. People most affected by harm should be able to participate in justice.
4. It is the responsibility of the government to maintain order; it is the responsibility of the community to maintain peace.

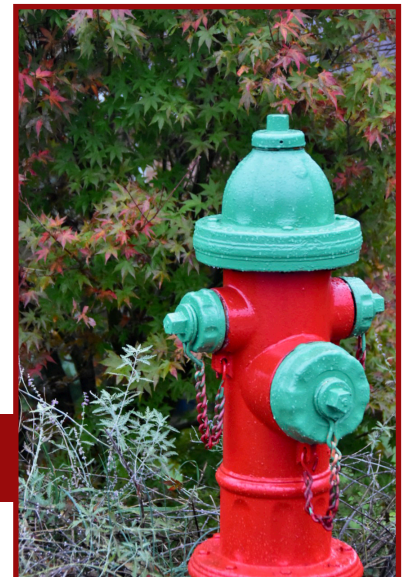
In Harrisonburg in the 2010s, the Fairfield Center approached the local police department about the possibility of using RJ in some of their cases. A coalition was formed, including several EMU professors, a JMU administrator and Fairfield staff. In 2015, Fairfield conducted the first police training in RJ.

In 2017, the HPD hired Wonshé as their first RJ Coordinator. Her responsibilities are primarily in the area of training police and school staff in RJ principles and techniques. She also facilitates RJ sessions in her private practice. Since 2015, 15 police officers have been trained in RJ annually. In Harrisonburg, RJ is implemented not only through the Police Department, but also at JMU and EMU in their disciplinary offices.

Lorie Merrow



*Some autumn scenes in "the 'Hood,"
by Greg Versen*





Board President's Letter

Dear Valley Village members,

Our theme for 2020: "On the Brink of Everything."

Parker J. Palmer's book, "On the Brink of Everything: Grace, Gravity and Getting Old," was more prophetic than any of us anticipated as we discussed his book in a February program just after entering the New Year (2020) . . . and just before the pandemic interrupted our lives. Now we have a better understanding what it means to be "on the brink" after adjusting to the epidemic by changing how we have gathered with family, friends, and other members of Valley Village. Right now the danger in gathering for holiday celebrations is on all of our minds.

On Nov. 20, it was wonderful to gather with other members of Valley Village for an afternoon Supper Club (more like afternoon tea) to catch up on holiday plans and to think about what will be needed from Valley Village in the future.

Today, it appears we're on a "brink of hope" as vaccines are tested and, hopefully released early in 2021. What are we learning about living with an epidemic that should be incorporated in how we live post COVID-19? I'm interested in your thoughts on this.

Thanks for joining the annual meeting as we gathered on Zoom. This was the largest gathering of Valley Village members in 2020, with 33 people attending from 25 households. If you missed this event, we hope to make the presentation available on the Valley Village website.

Valley Village welcomes member participation on committees, as listed below. If you'd like more information, please contact Keith at kagnagey@gmail.com or the committee chair.

- Education, Greg Versen, chair
- Tours, Pearl Lantz, chair
- MemCom (Membership & Communication), Lorie Merrow, chair
- Socials, Clara Yoder, chair
- Film, Steve Shenk, chair
- Volunteer Coordination, Keith Gnagey, coordinator
- Service Provider Program, Wayne Kurtz, coordinator

In closing, the board of Valley Village wishes you a safe and healthy holiday season. We are thankful for you as members of Valley Village as we learn to better serve our friends and neighbors in times of change and adjustments.

Keith Gnagey, President
11/21/'20

davidthetechguy



Vendor Spotlight

David Layman has recently been added to our Service Provider list, offering computer tech support and related services. He was recommended by Valley Village member Paul Yoder. According to David's LinkedIn page, he develops websites and provides software and hardware technical support both in person and remotely. He also provides consultations on network implementation, audio-visual implementation, and purchases of hardware and software.

David has extensive experience in the above fields of technology, and has done work for individuals as well as local universities and companies. His ability to offer some services remotely should have appeal in these days of coronavirus concerns. He can be reached by email at davidthetechguy@gmail.com or by phone at 540-705-1836.

Wayne Kurtz, VV Service Provider Program Coordinator



Supper Clubs



The perfect setting on a warm, late-fall day on Pearl Lantz's back lawn with a panoramic view of the Valley below! Sixteen people met in two groups on October 21 for our monthly Supper Club. Half of the group met at Glenn and Mary Kauffman's beautiful setting.

These reports come from Paul Yoder, who was behind the camera for each photo.



And here is a photo of 9 of the 18 people who braved the weather on the week before Thanksgiving. Two Supper Club events were held at 3 pm on a breezy 55-degree afternoon. One club met on Ken and Helen Nafziger's open air patio in Belmont. A second club met in Pearl Lantz's two-car garage with doors open. This is how one stays connected and warmer during conversations centered around sharing stories about kindness, and staying connected, when there are physical limitations. From left: Mike Mast, Mattie Mast Mary Kauffman, Glenn Kauffman, Ann Bender, Ken Nafziger, Helen Nafziger, Dorothy Jean Weaver and Ann Yoder.

The clubs will not meet again during the winter. Watch for Supper Club announcements in the early Spring. Simply sign up and show up if interested in joining one of the groups in 2021 when the weather appears favorable.

You are invited to join a new walking group beginning Friday, January 1, 10:00 AM and extending through March 26, 2021.

The group will meet each Friday at 10am leaving promptly from the southeast corner of the parking lot (recycling location) at Park View Mennonite Church (PVMC). Total distance of the walk will be approximately 1.8 miles. The route is as follows: south on Park Road, west on Dogwood Drive, north on College Ave, west on Park Rd around cul-de-sac, south on Park Rd back to PVMC.

If you live close to the route, feel free to jump in or out at different points as desired. The walk will be canceled only if snow or ice are present; otherwise, don your rain gear and pioneer spirit and come as able. This is an informal group; if you happen to be the only one who shows up, give yourself a pat on the back and enjoy God's beautiful world!

NOTE: Please bring masks for times when unable to distance well, and limit walking abreast to 2-3 people for safety and appropriate spacing.

Questions or suggestions may be directed to Pearl Lantz at (540) 820-8309. Come and invite a friend!

Friday Walkers



70 Years Wed



Congratulations to Myron (pastor and former EMU president) and Esther Kniss Augsburg (artist and retired art professor) on their 70th wedding anniversary, Nov. 28. A synopsis of their interesting 70 years appears as an ad on page D6 of that day's Daily News-Record. Cards may be sent to the couple at their home in VMRC, 1491 Virginia Ave., Harrisonburg 22802.

Q&A

This issue's Q and A: Looking back through the years at changes in your community, country or world, what have you seen get better? and/or, what have you seen decline or not improve?

From Janet and J Lowell Wenger:

Much Better: Over the last 5 decades, the attitude of our society toward "second-hand smoke" has changed for the better. What a "breath of fresh air," literally, to have all the non-smoking areas including buses, restaurants, most public buildings, professional offices, etc.! It used to be assumed that the smokers had the right to smoke wherever they wanted, and we just had to endure the smoke. Now, it is much less frequent that we need to "inhale" what they just "exhaled". Soooo glad!

Much Worse: Sports figures, political leaders and other public figures used to be fairly good examples of courtesy and respect! No longer, for far too many. The rudeness and lack of respect is hard to endure and a terrible example for our young folks.

From Linda Gnagey:

I moved to this community in 1975 after college and sensed quickly that I was living in the South. Especially in Rockingham County, where I taught in the public schools, I noticed a southern twang, habits of polite greetings and acknowledgements (yes, ma'am), and a formal, conservative culture in which some coworkers held tight to Confederate values and heroes.

I later moved to employment at EMU and away from most ties to the county, and I experienced the amazing growth of the area —mostly in the city of Harrisonburg but also in Rockingham County. We now live in a multi-cultural community where one can hear many languages and see evidence of a variety of cultural expressions wherever you go in the local area. I especially appreciate the wonderful ethnic restaurant choices all over the city and county. Quite a change from 1975, and a cause for celebration!

Our Q&A question for the January-February 2021 newsletter:

The question this time was posed by VV board president Keith Gnagey:

What have we been learning about living with an epidemic that should be incorporated in how we live post-COVID-19?

Please email your answers to Chris Edwards, newsletter editor: chrisedwardshburg@gmail.com by Jan. 15, 2021. (Also, please share any ideas you have for future "Q&A's".)

December

Susie Versen
Susan Godshall
Roveen L Yoder
Phillip Helmuth
Marie Snavely
Greg Versen
Joseph Lapp
Daryl Peifer



January

David Wiens
Teresa Boshart Yoder
Alden Hostetter
Jean Smucker Fisher
Nancy C Faulkner
Wayne D Kurtz
Dorothy Jean Weaver
Martha Sider
Aldine Musser

Board Members

Keith Gnagey, President
Daryl Peifer, Treasurer
Rich Sider, Secretary
Ann Bender
Stan Godshall
Pearl Lantz
Lorie Merrow
Julie Alderfer Stauffer
Clara Yoder

Valley Village Committees and Members:

Education Committee

Greg Versen-Chair, Ann Bender, Keaton Shenk and Keith Gnagey.

Film Committee

Steve Shenk-Chair, Virginia and John Spicher, Chris Edwards and Robin McNallie.

Social Committee

Clara Yoder-Chair, Julie Alderfer-Stauffer, Sam and Vi Miller, Faye Yoder, Paul Yoder.

Tour Committee

Pearl Lantz-Chair, Jean Smucker Fisher, Vi Miller, J. Lowell Wenger

MemCom (Membership and Communication)

Nancy Faulkner, Lorrie Merrow, Daryl Peifer.

Volunteer Coordination, Keith Gnagey, coordinator

Service Provider Program, Wayne Kurtz, coordinator

Valley Village newsletter is published bimonthly (every two months). Deadline is January 15, 2021, for submissions to the January-February 2021 newsletter. Send items to Chris Edwards, editor, 434-0457; chrisedwardshburg@gmail.com

New and recently-new members: May we have a "profile" of you, to help us get to know each other? Please send a digital photo, plus about 100 words, telling whatever you want about yourself. Thanks! -- Chris